

Sample day

Breakfast:

2 scrambled eggs, 3 slices of avocado, ½ grapefruit

Lunch:

Leftover fish and steamed veg

Dinner:

Chicken and pineapple skewers with guacamole

Snack:

Protein bar

Mindset task:

Each time you go to eat today, stop and look at your food. What do you notice?

Chicken & Pineapple Skewers

***1 serving = 2.5 skewers (makes 4 servings)

Ingredients:

3 tbs of olive oil

2 garlic cloves, smashed

1 tsp ground cumin

½ tsp paprika

1/4 tsp ground cinnamon

500g boneless, skinless chicken breasts, cut into small pieces

1 red and 1 yellow capsicum cut to squares

1 medium sweet onion, cut into 8 wedges

½ fresh pineapple cut into squares

Sea salt & pepper to taste

8 bamboo skewers (soaked in water for 30 min)

Directions: Put the olive oil, garlic, cumin, paprika, and cinnamon into a large bowl and mix well. Add the chicken to the mixture and let them marinate for 30 minutes at room temperature or in the refrigerator (covered) overnight.

Skewer the chicken, pineapple, capsicum, and onions onto the skewers. Brush any leftover marinade onto the pineapple, capsicum and onion. Season to taste.

Over a med to med-high heat, grill the skewers for 10-12 minutes, turning about 5-6 minutes through. This is great served guacamole



Guacamole- You'll never go back to store-bought!

(Makes 4-6 servings depending on size of avocados. About a 1/2 cup)

Ingredients:

- 3 Haas Avocados, halved, seeded, peeled, & diced (prep this last to prevent browning)
- 1 fresh lime, juiced
- ½ tsp. cayenne pepper
- ½ tsp. ground cumin
- ½ tsp. sea salt
- 2 Roma tomatoes, seeded & diced
- ½ onion, diced
- 1 garlic clove, minced
- 2 Tbs. fresh coriander chopped



Directions: In a large bowl, gently toss the avocado with the lime juice. (This will prevent the avocado from turning brown.) Drain the lime juice into a separate bowl.

Add the cayenne, cumin, and salt to the avocado, and gently mix, mashing the avocado to the consistency of your choice. (I like mine slightly chunky.) Then, gently mix in the tomatoes, onion, garlic, and coriander. Add back 1 Tbs of the saved lime juice.